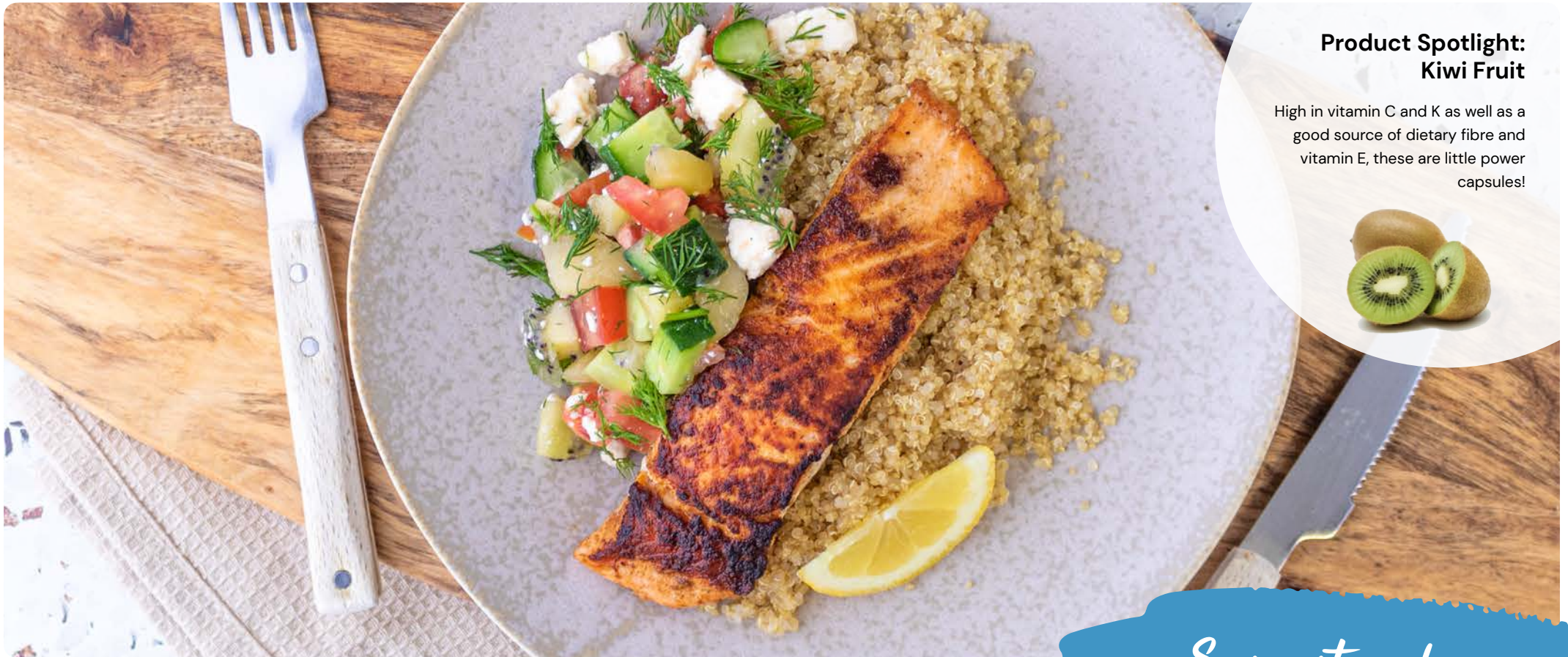




DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Kiwi Fruit


High in vitamin C and K as well as a good source of dietary fibre and vitamin E, these are little power capsules!



## 1 Spice Rubbed Salmon with Kiwi Salsa

A fresh salsa with kiwi fruit, tomato, feta cheese and dill served with spiced pan cooked salmon fillets and fluffy white quinoa.

 30 minutes

 4 servings

 Fish

19 October 2020

## Spice it up!

*If you don't have cajun spice at home you can use ground cumin or paprika instead. Chopped rosemary leaves and lemon zest also work well on the salmon in place of spice.*

| Per serve: | PROTEIN | TOTAL FAT | CARBOHYDRATES |
|------------|---------|-----------|---------------|
|            | 39g     | 33g       | 46g           |

## FROM YOUR BOX

|                      |                 |
|----------------------|-----------------|
| ORGANIC QUINOA       | 1 packet (200g) |
| KIWI FRUITS          | 2               |
| TOMATOES             | 2               |
| CONTINENTAL CUCUMBER | 1/2 *           |
| DILL                 | 1 packet        |
| FETA CHEESE          | 1 packet (200g) |
| LEMON                | 1               |
| SALMON FILLETS       | 2 packets       |

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, cajun spice (or ground cumin)

## KEY UTENSILS

frypan, saucepan

## NOTES

Rinse the salmon fillets before cooking to remove any stray scales.

**No fish option - salmon fillets are replaced with chicken schnitzels.** Increase cooking time to 4-5 minutes on each side or until cooked through.



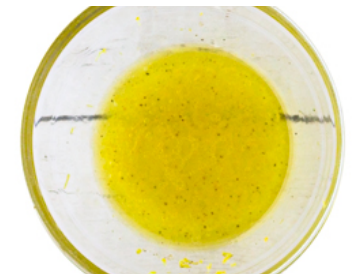
### 1. COOK THE QUINOA

Place quinoa in a saucepan and cover with plenty of water. Bring to the boil and simmer for 10-15 minutes or until tender. Drain and rinse.



### 2. PREPARE THE SALSA

Peel and dice kiwi fruits. Chop tomatoes and cucumber. Roughly chop dill and crumble feta cheese (to taste). Toss together.



### 3. PREPARE THE DRESSING

Whisk together zest and juice from 1/2 the lemon (wedge remaining) with **3 tbsp olive oil, salt and pepper**. Set aside.



### 4. COOK THE SALMON

Coat salmon with **2 tsp cajun spice, oil, salt and pepper**. Heat a frypan over medium-high heat with **oil**. Cook salmon for 3-4 minutes each side or until cooked to your liking.



### 5. FINISH AND PLATE

Divide quinoa, salmon and salsa among shallow bowls. Spoon over dressing to taste.

**How did the cooking go?** We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to [hello@dinnertwist.com.au](mailto:hello@dinnertwist.com.au)

